

February 2010

THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 5, Issue 2



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School Breakfast Week

School Breakfast Week is March 8-12, 2010. This would be a great way for your school to feature and promote fresh fruits and vegetables for breakfast.

- Power Up with School Breakfast - Breakfast at School: Fast and Healthy Food for Thought. This link provides a wide variety of resources from expanding your school breakfast, to lesson plans for 5-10 graders, and other information about the importance of breakfast. Click on the link below:
<http://www.nutritionexplorations.org/educators/school-nutrition-breakfast.asp>
- Check out USDA's webpage for school breakfast ideas on marketing your breakfast program, expanding your breakfast program, listening to the school breakfast webinar, and assessing school breakfast potential:
<http://www.fns.usda.gov/cnd/breakfast/>
- Check out SNA's "School Breakfast—Ready, Set, Go" campaign. This website includes history and importance of school breakfast, tools, menus, art contest, merchandise, and sweepstakes. Check it out:
<http://docs.schoolnutrition.org/meetingsandevents/nsbw2010/>



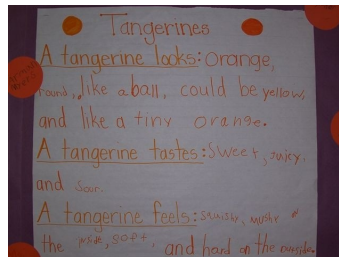
School Breakfast - Ready, Set, Go!
National School Breakfast Week
March 8-12, 2010

Nebraska Elementary

Nebraska Elementary at Fort Wayne Community Schools has taken the opportunity of the FFVP to promote the program to parents, teachers, and students. The school got teachers and students involved by having one of the first grade classrooms create a bulletin board on adjectives about tangerines. In order to get the students involved with the FFVP, they had a joke of the day on the morning announcements. Students would submit their joke of the day that they had created to see who's joke would make the morning announcements. Here are two of the entries:

Knock Knock
Who's There?
Orange
Orange Who?
Orange you glad I met You? (Trinity Eliason Room 107)

Knock Knock
Who's There?
Orange
Orange Who?
Orange you glad your not a banana? (Rianna Mowery Room 107)



Contact Sarah Kenworthy at skenworthy@doe.in.gov to be featured in the next FFVP Buzz.

USDA

USDA sent out a memo about the selection and outreach process of the FFVP. The FFVP application process is no longer competitive and will only go to the highest free and reduced schools. There are only a few reasons why a school would not be chosen if they were one of the highest free and reduced elementary that submitted an application. According to the school eligibility criteria set forth in section 19 of the National School Lunch Act:

- All schools must be elementary schools beginning in school year 2010-2011
- Schools must represent the highest percentage of students certified for free and reduced price benefits
- Schools must participate in the NSLP; and
- Schools must complete an annual application for the FFVP

Section 19 of the National School Lunch Act requires that schools with the highest free and reduced price enrollment be given priority for participation in the FFVP. This is the key selection criterion which ensures that the program benefits low-income children that generally have fewer opportunities to consume fresh fruits and vegetables on a regular basis. This criterion cannot be waived to give all schools in a State an equal chance to participate in the program or to provide geographic dispersion.

As part of outreach efforts, the State agency should assist these high need schools in submitting the application for participation. The application review is *not competitive* but instead is based on the percent of students certified for free and reduced price benefits.

Department of Education Opportunities



HEALTHY HOOSIER SCHOOL AWARD: FFVP schools are great examples of the Healthy Hoosier School Award recipients placing high priority on teaching students life-long healthy habits. Submit an application for the Healthy Hoosier School Award by **April 1, 2010**. Only one application per school building may be submitted. The online application will be available in early February. For more information go to www.doe.in.gov/food and click on the Healthy Hoosier School Award icon.

RECIPE FOR GROWING HEALTHY CHILDREN: Indiana received a USDA Team Nutrition Training Grant to implement a statewide plan to train child care food service staff on planning and preparing meals and snacks that comply with the Dietary Guidelines for Americans and My Pyramid. These workshops build knowledge and skills in the areas of child nutrition, menu planning, recipes, food preparation and food safety. Check it out: <http://www.doe.in.gov/food/recipe/>

SENATOR RICHARD G. LUGAR AWARD: You have the opportunity to publicly recognize employees who make outstanding contributions to school food service. If you know someone who fulfills the selection criteria, you are encouraged to nominate them for the Employee of the Year Award. Entries must be postmarked by **Feb. 26, 2010**. For more information visit www.doe.in.gov/food.

INDIANA'S 2009 TEAM NUTRITION TRAINING GRANT: This project will offer training and mini-grants to 30 Indiana elementary and middle schools to implement the Action for Healthy Kids Game On!, and assist schools with the implementation and evaluation of their school wellness policies. The project will be implemented during the 2010/2011 school year, but you must apply by **March 1, 2010**. For more information about this mini-grant opportunity or to view the application, visit: http://www.doe.in.gov/food/training/Indiana_Game_On_Application.doc

Posters

Check out the links below to download posters created by the National Food Service Management Institute which feature topics from measuring dry ingredients, going green, food safety with a power outage, and more:

<http://www.nfsmi.org/documentlibraryfiles/PDF/20090327105642.pdf>
<http://www.nfsmi.org/documentlibraryfiles/PDF/20090327105832.pdf>
<http://www.nfsmi.org/documentlibraryfiles/PDF/20090210031851.pdf>
<http://www.nfsmi.org/documentlibraryfiles/PDF/20090210032555.pdf>
<http://www.nfsmi.org/documentlibraryfiles/PDF/20090210032840.pdf>
<http://www.nfsmi.org/documentlibraryfiles/PDF/20080201013903.pdf>
<http://www.nfsmi.org/documentlibraryfiles/PDF/20080201014116.pdf>

The Latest in Produce



ACE Pepper-A nutritionally enhance pepper named for the large amount of vitamins A, C, and E that it contains. <http://www.telegraph.co.uk/foodanddrink/foodanddrinknews/5928529/Vitamin-C-super-pepper-developed-by-Marks-and-Spencer.html>



Kumato Tomatoes- This variety of tomato can range in color from dark brown to golden green. The increased sweetness of this tomato is said to give it intense flavor. <http://www.dailymail.co.uk/femail/food/article-1185037/You-say-tomato-I-say-kumato--fruit-thats-tasty-ripe-not.html>

